This listing of claims will replace all prior versions, and listings, of claims in the application

LISTING OF CLAIMS

- 1-5. (canceled).
- 6. (new) A method of forming a thin film, comprising:
 - in an intermediate thin film forming step, sputtering a target comprising at least one type of metal to form an intermediate thin film comprising the metal or an incomplete reactant of the metal onto a substrate;
 - in a film composition converting step, bringing the formed intermediate thin film into an active seed of a reactive gas mixed with an inactive gas having a chemically inactive property in such a manner that the intermediate thin film is reacted with the active seed of the reactive gas, and converted into a compound of the metal; and

in an optical characteristic adjusting step,

- repeatedly conveying a substrate holder between a zone to perform the intermediate thin film forming step and a zone to perform the film composition converting step while controlling a conveying speed of the substrate holder for holding the substrate.
- repeatedly performing the intermediate thin film formation and the film composition conversion, and
- accordingly adjusting a film composition of a finally formed thin film to form the thin film having an optical characteristic value of a region where a hysteresis phenomenon occurs in which a change route of the optical characteristic value differs with a reactive gas flow rate in a case where a flow rate of the

reactive gas is increased and a case where the flow rate is decreased.

- 7. (new) The thin film forming method according to claim 6, wherein the optical characteristic adjusting step comprises:
 - at least one of rotating and driving the substrate holder holding the substrate on an outer peripheral face and having a cylindrical or hollow polygonal columnar shape; and
 - controlling a rotation speed of the substrate holder to form the thin film having the optical characteristic value in the region where the hysteresis phenomenon occurs.
- 8. (new) The thin film forming method according to claim 6, wherein the region where the hysteresis phenomenon occurs is a region of the optical characteristic value of the thin film formed when the reactive gas introduced in performing the sputtering has a flow rate of 15 sccm or less, which does not include 0 sccm.
- 9. (new) A thin film forming apparatus comprising:
 - a substrate holder which is disposed in a vacuum tank and which holds a substrate;
 - a film formation process zone which is disposed in the vacuum tank and in which sputtering is performed with respect to a target comprising at least one type of metal to form an intermediate thin film on the substrate;
 - a reaction process zone comprising an active seed generator for generating an active seed of a reactive gas, and disposed in the

- vacuum tank, in which the intermediate thin film is reacted with the active seed of the reactive gas to form a thin film;
- a partitioning mechanism for spatially separating the film formation process zone and the reaction process zone from each other;
- a substrate holder driver for driving the substrate holder in order to convey the substrate between a position facing the film formation process zone and a position facing the reaction process zone; and
- substrate holder conveying speed controller for controlling the substrate holder driver in a range configured to form the thin film having an optical characteristic value in a region where a hysteresis phenomenon occurs in which a change route of the optical characteristic value differs with respect to a reactive gas flow rate in a case where the flow rate of the reactive gas is increased and in a case where the rate is decreased.
- 10. (new) The thin film forming apparatus according to claim 4, wherein the region where the hysteresis phenomenon occurs is a region of the optical characteristic value of the thin film formed when the reactive gas introduced in performing the sputtering has a flow rate of 15 sccm or less, which does not include 0 sccm.